

# DINNERLY



## Sweet Chilli Chicken Stir-Fry with Pea and Parsley Rice



25 minutes



2 Servings

Sticky, sweet and with just a touch of heat, this speedy chicken stir-fry is a tasty weeknight hit. Simply toss through carrot, then tumble onto a rich pea and parsley-flecked rice.



### WHAT WE SEND

- 150g jasmine rice
- 1 carrot
- parsley
- 1 large free-range chicken breast fillet
- 150g peas
- 80ml sweet chilli sauce

### WHAT YOU NEED

- 1 garlic clove
- 1 tbs vegetable oil
- 1½ tbs soy sauce <sup>6</sup>
- 20g butter <sup>7</sup>

### TOOLS

- small saucepan with lid
- small saucepan
- medium frypan

Our veggies come straight from the farm, so please wash them before cooking.

### ALLERGENS

Soy (6), Milk (7). May contain traces of other allergens.

### NUTRITION PER SERVING

Energy 700kcal, Fat 20.3g, Carbs 102.0g, Proteins 44.7g



#### 1. Cook rice

Rinse the **rice** until the water runs clear. Put in a small saucepan with **250ml (1 cup) water**, cover and bring to a simmer over medium heat. Reduce the heat to low and cook for 12 mins or until tender and the water is absorbed. Turn off the heat and stand, covered, for at least 5 mins.



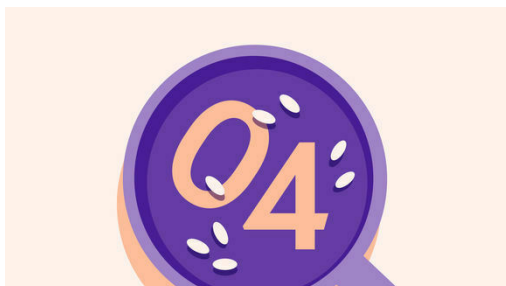
#### 2. Prep ingredients

Meanwhile, bring a small saucepan of water to the boil for the peas. Halve the **carrot** lengthwise and thinly slice. Finely chop the **parsley** leaves and stems, keeping them separate. Crush or finely chop **1 garlic clove**. Put the **chicken breast** flat on a board, put your hand on top and halve horizontally, then thinly slice into strips.



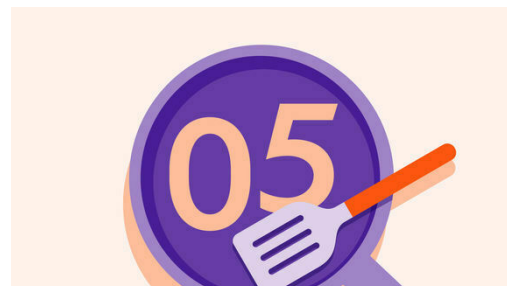
#### 3. Cook peas and chicken

Cook the **peas** in the pan of boiling water for 2 mins or until tender. Drain. Heat **1 tbs vegetable oil** in a medium frypan over high heat. Stir-fry the **chicken** for 3 mins or until browned and almost cooked through. Remove from the pan.



#### 4. Stir-fry veggies

Add the **carrot**, **parsley stems** and **garlic** to the pan and stir-fry for 2-3 mins until the carrot is tender. Add the **chicken**, **sweet chilli sauce** (see Make it yours) and **1½ tbs soy sauce**. Reduce the heat to medium and stir-fry for 1-2 mins until sticky.



#### 5. Serve up

Stir the **peas**, **parsley leaves** and **20g butter** into the rice and season with **salt and pepper**. Divide the **parsley rice** and **chicken stir-fry** among bowls and enjoy!



#### 6. Make it yours

The sweet chilli sauce has a very mild chilli kick. We've suggested this amount for flavour, but if you prefer less heat or have little ones, reduce to taste.